

## Explore the World with Fruits & Veggies

Americans enjoy food from all over the world. To bring those flavors to your kitchen, add a few new fruits, vegetables, spices, and herbs.

By: Joanne Knowlton, Educational Program Coordinator  
Nutrition Connections Program, UNH Cooperative Extension

**Avocados.** Avocados are enjoyed in North and South America. Use in sandwiches and salads or mix with cilantro, salsa, and tomatoes for an easy guacamole.

**Basil.** This herb is used in Italian and Thai foods – and foods of many other countries. Add fresh or dried basil to sauces, soups, and stir-fries.

**Chick Peas (Garbanzo Beans).** These legumes are a protein source in many Middle Eastern and Indian dishes. Use in soups, salads, and bean dishes.

**Chili Peppers.** Chili peppers are used in Mexican, Indian, Thai, Spanish and many other cuisines around the world. Spice up any meat with a pinch of chili peppers.

**Cilantro.** Cilantro's fresh flavor complements hot foods. This makes it great in spicy Asian, Latin American, and Caribbean dishes. Toss with lime, onion, and tomatoes for a quick *pico de gallo* (salsa).

**Curry Powder.** Common in Indian dishes, curry powder is a mix of spices – coriander, cumin, turmeric, fenugreek, ginger, garlic, nutmeg, and red pepper. Different curries have special spice blends. Use curry powder to season vegetables such as peas, squash, potatoes, broccoli, or spinach.

**Eggplant.** This hearty vegetable is enjoyed throughout Europe, the Middle East, Asia, and the United States. It can be stewed, roasted, mashed, or stuffed with meat or vegetables

and baked. Try grilled eggplant in pasta dishes or roasted vegetable sandwiches.

**Garlic.** A staple in many cuisines, garlic's sharp flavor works in many foods. Sauté with vegetables or add to sauces and soups. The flavor gets milder as it cooks.

**Ginger.** Peppery and slightly sweet, ginger is used in many Asian and Indian dishes. Use fresh gingerroot in stir-fries, salad, dressings, and steamed vegetables. Choose ginger powder for baked goods.

**Hoisin Sauce.** Also known as Peking Sauce, Hoisin Sauce is used mainly in Chinese cooking. Add to vegetable stir-fries and rice dishes.

**Italian Seasoning.** Italian seasoning is a mix of herbs – basil, oregano, marjoram, thyme, rosemary, savory, and sage. Sprinkle on potatoes, in soups, and in sauces for an Italian taste.

**Limes.** Limes are often used in the Caribbean and Latin American. Use limes and lime juice to add flavor and tartness to sauces, marinades, and salad dressings.

**Mangos.** Mangos are popular in tropical areas of the Caribbean, South America, Africa, and Southeast Asia. Enjoy alone or in salsas, smoothies, and tropical fruit salads. Look for them in the produce and frozen foods departments.

To find out more about Fruits and Veggies, log into the Department of Health & Human Services website at [www.dhhs.nh.gov/dhhs/nhp/fruitsandveggies](http://www.dhhs.nh.gov/dhhs/nhp/fruitsandveggies).

*The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating. "Helping You Put Knowledge and Research to Work."*